

Center Connection

October



2020

Buckeye

Senior Center

201 E. Centre Ave.
Buckeye, AZ 85326
623-349-6600
Fax: 623-349-6611

Hours of Operation:

Monday - Friday
8a.m. - 5p.m.

www.buckeyeaz.gov

Buckeye Public Libraries

623-349-6300

Dr. Saide Recreation Center

623-349-6350

Area Agency on Aging Senior Help Line

602-264-4357



AREA
AGENCY
ON
AGING

REGION ONE
INCORPORATED

For the health & safety of our staff and participants we are taking steps to prevent any unnecessary exposure to COVID-19, the coronavirus.

Therefore, all activities and senior transportation services have been placed on hold, until further notice. We will revisit our decision each week, to ensure we are following the best practices.

Please, note that while the center will be closed, we will still be offering medical transportation and meal services.

Home Delivered Meals

are provided to persons that are unable to leave home because of a disabling physical, emotional or environmental condition and are unable to prepare adequate, nutritious meals for themselves. For more information call the **SENIOR HELP-LINE** at 602-264-4357.

Private Pay Home Delivered Meals

are also available at this site for \$5 per meal.

Grab-and-Go Congregate Meals

are available for pick-up Monday-Friday,
10:30-11:30am.


If you have any questions, concerns or additional needs, please don't hesitate to contact staff at 623-349-6600.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
|   | | | <p>1</p> <p>On This Day 8:30am</p> | <p>2</p> <p>On This Day 8:30am</p> <p>LIVE Silver Sneakers: Stability Class 9am</p> <p>LIVE Bingo 1pm</p> |
| <p>5</p> <p>On This Day 8:30am</p>  | <p>6</p> <p>On This Day 8:30am</p> <p>Never Too Old Tutorial 9am</p> | <p>7</p> <p>On This Day 8:30am</p> | <p>8</p> <p>On This Day 8:30am</p>  | <p>9</p> <p>On This Day 8:30am</p> <p>LIVE Silver Sneakers: Hips & Back 9am</p> <p>LIVE Bingo 1pm</p> |
| <p>12</p> <p>CENTER CLOSED</p> <p>On This Day 8:30am</p> | <p>13</p> <p>On This Day 8:30am</p> | <p>14</p> <p>On This Day 8:30am</p> <p>Wheel of Fortune 1pm</p> | <p>15</p> <p>On This Day 8:30am</p> <p>Craft Along with Us 9am</p> | <p>16</p> <p>On This Day 8:30am</p> <p>LIVE Silver Sneakers: Interval Training 9am</p> <p>LIVE Bingo 1pm</p> |
| <p>19</p> <p>On This Day 8:30am</p> | <p>20</p> <p>On This Day 8:30am</p> <p>Never Too Old Tutorial 9am</p> | <p>21</p> <p>On This Day 8:30am</p>  | <p>22</p> <p>On This Day 8:30am</p> <p>Paint Along with Us 9am</p> | <p>23</p> <p>On This Day 8:30am</p> <p>LIVE Silver Sneakers: Mini Classic 9am</p> <p>LIVE Bingo 1pm</p> |
| <p>26</p> <p>On This Day 8:30am</p> <p>Morning Coffee On Microsoft Teams 8:30am</p> | <p>27</p> <p>On This Day 8:30am</p>  | <p>28</p> <p>On This Day 8:30am</p> <p>Wheel of Fortune 1pm</p> | <p>29</p> <p>On This Day 8:30am</p> <p>Craft Along with Us 9am</p> | <p>30</p> <p>On This Day 8:30am</p> <p>LIVE Silver Sneakers: BOOM! 9am</p> <p>LIVE Bingo 1pm</p> |

October 2020

Funded in part by:
Area Agency on Aging
SUGGESTED CONTRIBUTION:
\$3.00
Lunch served Monday-Friday
10:30-11:30 a.m.

| Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|--|---|--|--|---|--|---|--|
|  | | | 1 | 2 | | | |
| | | | Baked Potato w/ Chili, Cheese & Onions Broccoli Cauliflower Bran Muffin Mandarin Oranges | Chicken Fajitas Peas Spanish Rice Pineapple Tidbits | | | |
| | | | 5 | 6 | 7 | 8 | 9 |
| | | | Roast Beef Mashed Potatoes Cali Blend Veggies WW Roll Cantaloupe | Cod w/ Lemon Sauce Italian Green Beans Honey Glazed Carrots Rice Pilaf Cheddar Biscuit Pineapple Tidbits | Chef Salad Cottage Cheese Pickled Beets Bran Muffin Apricots | Pork Fried Rice Broccoli Egg Roll Tropical Fruit | Sloppy Joes Corn on the Cob Lima Beans Orange |
| 12 | 13 | 14 | 15 | 16 | | | |
| CENTER CLOSED | Turkey & Cranberry Wrap Cole Slaw Sliced Apples | Three Bean Chili Zucchini & Yellow Squash Cornbread Wheat Crackers Cantaloupe | Liver & Onions Mashed Potatoes Spinach Bran Muffin Pineapple | BBQ Pork Riblets Baked Beans Country Mix Veggies WW Roll Cherry Cobbler | | | |
| 19 | 20 | 21 | 22 | 23 | | | |
| Baked Chicken Red Potatoes Lima Beans Wild Rice Marble Rye Bread Strawberries | Roast Beef Sandwich Cole Slaw Peas & Carrots Fresh Pear Oatmeal Cookie | Veggie Lasagna Tossed Salad Italian Mixed Veggies Breadstick Orange | Pulled Pork Sandwich Pasta Salad Steamed Broccoli Apple | Chicken & Dumplings Spinach Scandinavian Veggies Peach Crumble | | | |
| 26 | 27 | 28 | 29 | 30 | | | |
| Beef Tips on Rice Yellow Squash & Zucchini Stewed Tomatoes WW Bread Pineapple | Broccoli & Potato Cheese Soup Yellow Squash Sourdough Bread Graham Crackers Banana | Pork Chop Spinach Sweet Potatoes WW Roll Buttered Noodles Orange | Rosemary Chicken Italian Veggies Honey Glazed Carrots WW Bread Wild Rice Sliced Peaches | French Dip Sandwich Steamed Cabbage Garlic Roasted Red Potatoes Cantaloupe | | | |

Healthy Pumpkin Oat Cookies

Ingredients:

- 2.5 cups rolled or quick oats
- 1 cup pure pumpkin puree
- 2-3 tbsp maple syrup, agave or coconut sugar
- 1 tsp pumpkin pie spice or cinnamon, optional
- .5 cup chocolate chips, optional

Instructions

1. Preheat oven to 350 degrees.
2. Mix all ingredients in a bowl to form a thick dough. Start with 2 tbsp of sweetener and adjust as desired.
3. Prepare a baking pan with parchment paper (or you can place cookies directly on the pan). Use your hands to create 12 cookies. The cookies will not spread or change shape while baking. Bake 10 minutes.
4. Remove from oven and enjoy warm after a few minutes. Let cool completely before storing. Store in a sealed container at room temp for 3 days, or in the fridge for up to 1 week.



KEEP YOUR LUNGS HEALTHY BY:



Placing low-maintenance house plants in your home to increase oxygen.



Avoiding heavily industrialized & traffic areas.



Reducing air pollutants in your home.



Avoiding Smoking & second hand smoke.



Making exercise a daily routine. Exercise helps increase your lung capacity.

For Facebook programming, visit our page at facebook.com/buckeyecc

New to bingo?

To get a bingo card, send a request to seniorprogram@buckeyeaz.gov or call us at 623-349-6600